

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF MEXICO.



**EXTRAS**

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

**FAST TAKES**

**IN A HURRY,  
NO WORRY!**

**OFFERED DAILY**

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad

**CHECK THIS OUT!**



Mexican chicken tinga salad or sub on a jalapeño roll with cheddar cheese, black bean and corn salsa and shredded carrots.

**DELI**

**EVERYDAY SELECTIONS**

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

**Toppings**

- Shredded Lettuce
- Sliced Tomatoes
- Sliced Red Onion
- Jalapeños
- Pickles

**OTHER DAILY OPTIONS**

Seasoned Flaked Tuna or Hummus

**TRY THIS ONE!**



Mexican chicken tinga salad or sub on a jalapeño roll with cheddar cheese, black bean and corn salsa and shredded carrots.

**GRILL**

**EVERYDAY SELECTIONS**

Classic Cheeseburger  
Crispy Chicken Sandwich

**Toppings**

- Shredded Lettuce
- Sliced Tomatoes
- Sliced Red Onion
- Jalapeños
- Pickles

**Monday** Taco Joe

**Tuesday** Cordon Bleu

**Wednesday** Pulled BBQ

**Thursday** Ninja Burger

**Friday** Chicken Parmesan

Offered with Veggie Sticks or French Fries

**PIZZA**

**EVERYDAY SELECTIONS**

Pepperoni Pizza  
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

**DAILY PASTA OPTIONS**

Spaghetti & Meat Sauce



Fresh Baked Bread Offered Daily with Pasta

**SHAKE IT UP!**



Mexican chicken tinga pizza topped with black bean and corn salsa and cilantro lime crema.

**TASTE**

by **sodexo**

**KICK IT UP A NOTCH**

By adding one of our World of Flavor specialty sauces.

**Cilantro Lime Crema**

A blend of mayonaise and creamy Greek yogurt infused with lime juice and freshly chopped cilantro.

**Pico Sauce**

Fresh house made salsa combined with diced tomatoes, lime juice, freshly chopped cilantro and Mexican seasonings.

**Creamy Sriracha**

Mayonnaise infused with spicy sriracha chili sauce.

**Garlic Parmesan**

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in **ADVENTURE**



**EVERYDAY**

Fresh Fruit & Mixed Salad

**Monday** Chicken Potato Bowl w/ Breadstick

**Tuesday** Chicken Parmesan w/ Breadstick

**Wednesday** Turkey Roast w/ Dinner Roll

**Thursday** Frito Chili Pie

**Friday** Chicken Fried Steak w/ Dinner Roll

Additional nutrition information available upon request.

NOV. 5TH - 9TH

LANCASTER HIGH SCHOOL

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## EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

## FAST TAKES

IN A HURRY,  
NO WORRY!

### OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad

### CHECK THIS OUT!

Chicken fajita salad or sub on jalapeño roll with cheddar cheese and roasted peppers and onions.



## DELI

### EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

### OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus

### Toppings

Shredded Lettuce  
Sliced Tomatoes  
Sliced Red Onion  
Jalapeños  
Pickles

### TRY THIS ONE!

Chicken fajita salad or sub on jalapeño roll with cheddar cheese and roasted peppers and onions.



## GRILL

### EVERYDAY SELECTIONS

Classic Cheeseburger  
Crispy Chicken Sandwich

**Monday** Crispy Fish Sandwich

**Tuesday** Rib-B-Que

**Wednesday** Toasted Cheese

**Thursday** Chicken Tender Sandwich

**Friday** Bacon Cheeseburger

### Toppings

Shredded Lettuce  
Sliced Tomatoes  
Sliced Red Onion  
Jalapeños  
Pickles

Offered with Veggie Sticks or French Fries

## PIZZA

### EVERYDAY SELECTIONS

Pepperoni Pizza  
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

### DAILY PASTA OPTIONS

Home-style Alfredo Mac



Fresh Baked Bread Offered Daily with Pasta

### SHAKE IT UP!

Chicken fajita pizza topped with roasted peppers and onions and pico sauce.



# WORLD OF FLAVOR

by **sodexo**



### KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

#### Cilantro Lime Creama

A blend of mayonaise and creamy Greek yogurt infused with lime juice and freshly chopped cilantro.

#### Pico Sauce

Fresh house made salsa combined with diced tomatoes, lime juice, freshly chopped cilantro and Mexican seasonings.

#### Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

#### Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.

This week in

# ADVENTURE **Smiles**

### PICK ONE!

Crispy Chicken Tenders  
or  
Herb Roasted Chicken

### ADD ONE!

Freshly Baked Biscuit  
or  
Toasted Waffle

### CHOOSE ONE!

Mashed Potatoes and Gravy  
Tater Tot Hash  
or  
Roasted Green Beans

NOV. 12TH - 16TH

LANCASTER HIGH SCHOOL

Additional nutrition information available upon request.

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Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad

**CHECK THIS OUT!**

Huevos rancheros salad or wrap with refried beans, diced eggs, salsa roja and cheddar cheese.

**DELI**

**EVERYDAY SELECTIONS**

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

**Toppings**

- Shredded Lettuce
- Sliced Tomatoes
- Sliced Red Onion
- Jalapeños
- Pickles

**OTHER DAILY OPTIONS**

Seasoned Flaked Tuna or Hummus

**TRY THIS ONE!**

Huevos rancheros salad or wrap with refried beans, diced eggs, salsa roja and cheddar cheese.

**GRILL**

**EVERYDAY SELECTIONS**

Classic Cheeseburger  
Crispy Chicken Sandwich

**Toppings**

- Shredded Lettuce
- Sliced Tomatoes
- Sliced Red Onion
- Jalapeños
- Pickles

**Monday** Crispy Fish Sandwich

**Tuesday** Rib-B-Que

**Wednesday** Toasted Cheese

**Thursday** Chicken Tender Sandwich

**Friday** Bacon Cheeseburger

Offered with Veggie Sticks or French Fries

**PIZZA**

**EVERYDAY SELECTIONS**

Pepperoni Pizza  
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

**DAILY PASTA OPTIONS**

Home-style Cheddar Mac



Fresh Baked Bread Offered Daily with Pasta

**SHAKE IT UP!**

Huevos rancheros pizza topped with refried beans, diced eggs and pico sauce.

**TASTE**

by **sodexo**

**KICK IT UP A NOTCH**

By adding one of our World of Flavor specialty sauces.

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**Creamy Sriracha**

Mayonnaise infused with spicy sriracha chili sauce.

**Garlic Parmesan**

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in **ADVENTURE**



**Choice of:** Lo Mein Noodles, Steamed Brown Rice or Oven Fried Brown Rice

**EVERYDAY SELECTIONS**

Sweet & Sour Chicken

**Monday** Teriyaki Beef

**Tuesday** General Tso Chicken

**Wednesday** Spicy Orange Chicken

**Thursday** Teriyaki BBQ

**Friday** Creamy Sriracha Chicken

**Choice of Side:** Sesame Roasted Carrots or Roasted Broccoli

NOV. 26TH - 30TH

LANCASTER HIGH SCHOOL

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